(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property Organization
International Bureau

(43) International Publication Date
3 January 2003 (03.01.2003)

PCT

(10) International Publication Number
WO 03/000348 A2

(51) International Patent Classification⁷: A63B

(21) International Application Number: PCT/NL02/00424

(22) International Filing Date: 26 June 2002 (26.06.2002)

(25) Filing Language: Dutch

(26) Publication Language: English

(30) Priority Data:
1018395 26 June 2001 (26.06.2001) NL

(71) Applicant *(for all designated States except US)*: **SPORTCENTRUM MONNICKENDAM V.O.F.** [NL/NL]; Wilhelminalaan 56, NL-1141 CW Monnickendam (NL).

(72) Inventor; and
(75) Inventor/Applicant *(for US only)*: **MARRE, Marie, Relinde** [NL/NL]; Werengouw 33, NL-1132 EX Volendam (NL).

(74) Agent: **JORRITSMA, RUURD**; Nederlandsch Octrooibureau, P.O. Box 29720, Scheveningseweg 82, NL-2502 LS The Hague (NL).

(81) Designated States *(national)*: AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NO, NZ, OM, PH, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VN, YU, ZA, ZM, ZW.

(84) Designated States *(regional)*: ARIPO patent (GH, GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, CY, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE, TR), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

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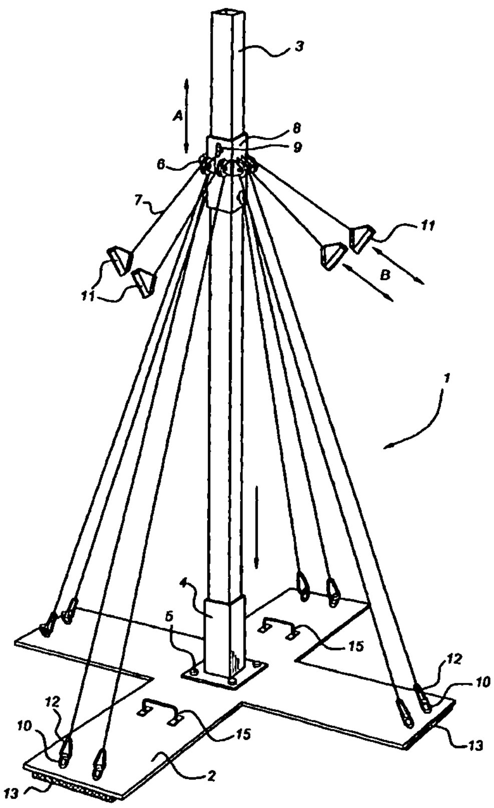
(54) Title: EXERCISE DEVICE



(57) Abstract: The invention relates to an exercise device (1), in particular an aerobic device, which comprises a base plate (2) and a vertically positioned vertical bar (3), in the peripheral direction of which vertical bar (3) a vertically displeceable part (8) is arranged, to which part cable guides (6) are secured. The exercise device (1) can easily be used by a plurality of people simultaneously and is quick and easy to move and store.

Published:
- *without international search report and to be republished upon receipt of that report*

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Exercise device

The invention relates to an exercise device comprising a substantially vertically positioned bar-like body.

Exercise devices are already known from the prior art in various forms and sizes. Known exercise devices are often arranged in rooms in which a plurality of exercise devices are positioned close together.

One drawback of the exercise devices from the prior art is that they take up a relatively large amount of space, and that they can generally only be used by one person at a time. Also, most exercise devices are difficult to move, on account of the large size of such devices. A further drawback of exercise devices of this type is that these devices are often designed to exercise a single muscle or group of muscles.

It is an object of the present invention to provide a device which allows a plurality of muscles or groups of muscles to be exercised and which device is easy to move or store.

The object of the present invention is achieved by the fact that the bar-like body is provided, in the peripheral direction, with a part which can be displaced in the longitudinal direction of the bar-like body and to which at least one cable guide is secured. Positioning the cable guide on the displaceable part allows its height to be moved, so that it is possible to do exercises which are aimed at different types of muscles.

According to one embodiment, the displaceable part extends over at least virtually the entire periphery of the bar-like body. The displaceable part extending over at least virtually the entire periphery has the advantage that a plurality of cable guides can be arranged around said part. It is then possible for a number of people to carry out exercises on the same device and at the same time. These cable guides do not all have to be arranged in a line. The fact that the cable guides are not all positioned in a line prevents adjacent cables from becoming tangled with one another.

The cable guide preferably comprises a pulley. A pulley as cable guide reduces the friction between the cable and the guide part. This also makes it easy for the cable to pass through an angle.

The bar-like body is preferably connected to a base plate. If a base plate is used, the exercise device can be used in a standard sports hall with a flat floor. The floor of the sports hall does not have to be altered in order for the exercise device to be set up. The base plate preferably has a relatively high mass, so that the centre of gravity of the bar-like body and base plate overall is at a relatively low level. This is of benefit above all to the stability of the structure. It is also possible for the cables to be secured to the base plate and to run from the securing point on the base plate to the pulleys. On its underside, the base plate may be provided with a resilient layer. This layer, which is preferably a layer of rubber, a layer of felt or the like, protects the floor of a sports hall, for example, from the forces which the relatively heavy base plate exerts on the floor. Shocks which originate from the use of the exercise device are also at least partly absorbed.

The base plate is preferably provided with a securing means for securing a cable. This securing means may, for example, be an eyelet which is arranged on the top side of the base plate. Applying the eyelet to the base plate makes it easy to attach, by way of example, a carbine hook in order for the cable to be removed easily and rapidly from the base plate.

The base plate is preferably provided with an insertion part for the bar-like body to be positioned in. The internal dimensions of the insertion part are only slightly greater than the external dimensions of the bar-like body. This allows the bar-like body to be inserted in a tight-fitting manner into the insertion part. The bar-like body can preferably be locked in the insertion part by the use of a blocking means, for example a wing bolt.

Preferably, the displaceable part can be fixed at various heights in the longitudinal direction of the bar-like body. For this purpose, holes may be arranged in the longitudinal direction of the bar-like body, in which holes screws or pins can engage. The holes are preferably provided with a screw thread and the heads of the screws are in wing form.

The base plate of the exercise device is preferably provided with at least one handle. The handles on the base plate allow simple lifting of the base plate in order for it to be stored or moved.

All this will be explained in more detail with reference to the figure which is incorporated in the drawing and in which:

Fig. 1 shows a perspective view of a preferred embodiment of the exercise device according to the present invention.

Fig. 1 shows a perspective view of a preferred embodiment of the exercise device 1 according to the present invention. The exercise device 1 comprises a base plate 2, which is formed in the shape of a cross and is made from a plate-like material. The base plate 2 provides the exercise device 1 with sufficient stability while using as little material as possible. This leads to a saving on the weight of the device 1. In the centre of the cross-shaped base plate 2 there is a support 4 for supporting a bar-like body 3. The support 4 is secured to the centre of the base plate 2 by means of four screws 5.

The bar-like body 3 can be pushed into the support 4 in the direction indicated by the arrow A. The fact that the internal dimensions of the support 4 are only slightly greater than the external periphery of the bar-like body 3 allows the bar-like body 3 to be secured sufficiently strongly in the support 4. In the preferred embodiment shown, the bar-like body 3 is designed as a bar which is square in cross section.

A displaceable part 8 is arranged in the longitudinal direction of the bar-like body 3. The displaceable part 8 is in the form of a sleeve which fits precisely around the periphery of the bar-like body 3. The internal dimensions of the displaceable part 8 are only slightly larger than the outer periphery of the bar-like part 3, so that the displaceable part 8 can easily slide in the longitudinal direction of the bar-like body 3. The displaceable part 8 can be fixed to the bar-like body 3 by means of wing bolts 9. Tightening the wing bolts 9 causes the displaceable part 8 to be clamped against the bar-like body 3. Holes (not shown), which may be optionally provided with a screw thread, so that the wing bolts 9 can be screwed into the bar-like body 3, are arranged in the bar-like body 3. These holes may be arranged at predetermined distances in the longitudinal direction of the bar-like body 3.

On each side of the displaceable part 8 there are two pulleys 6 for guiding cables 7. In the present embodiment, elastic cables 7 are secured to an eyelet 10 on the base plate 2. From the base plate 2, the elastic cable 7 runs via the pulley 6 to the displaceable part 8, to a grip 11. The end of the elastic cable 7 is provided on the base plate side with a quick-acting coupling 12, for example a carbine hook 12. At the other end, the elastic cable is provided with a handgrip 11, which the user of the exercise device 1 has to pull in order to stretch the elastic cable 7. When the exercise device 1 is being used, the handgrips 11 move to and fro in the direction indicated by the two arrows B.

The displaceable part 8 can be slid in the direction indicated by arrow A. The sliding of the displaceable part 8 allows various types of exercises to be carried out on the exercise device 1. In this way, it is possible to exercise different muscles and/or groups of muscles.

On its underside, the base plate 2 is provided with a resilient layer 13, for example a layer of felt or rubber. This resilient layer 13 prevents damage to the floor and damps any shocks which are exerted on the base plate 2 by the user.

The base plate 2 is provided with a securing means 10 for a cable 7 to be secured to. These securing means 10 comprise annular eyelets 10 for the cable 7 to be secured to. At one end of the cable 7, there is a carbine hook 12, in order for the cable 7 to be easily and rapidly detached from the base plate 2.

The base plate 2 is also provided with two handles 15, allowing easy movement of the base plate 2.

Claims

1. Exercise device (1) comprising a substantially vertically positioned bar-like body (3), characterized in that the bar-like body (3) is provided, in the peripheral direction, with a part (8) which can be displaced in the longitudinal direction of the bar-like body and to which at least one cable guide (6) is secured.

2. Exercise device (1) according to claim 1, characterized in that the displaceable part (8) extends over at least virtually the entire periphery of the bar-like body (3).

3. Exercise device (1) according to claim 1 or 2, characterized in that the cable guide (6) comprises a pulley.

4. Exercise device (1) according to one of the preceding claims, characterized in that the bar-like body (3) is connected to a base plate (2).

5. Exercise device (1) according to claim 4, characterized in that the base plate (2) is provided on its underside with a resilient layer (13).

6. Exercise device (1) according to claim 4 or 5, characterized in that the base plate (2) is provided with at least one securing means (10) for securing a cable (7) to it.

7. Exercise device (1) according to one of claims 4-6, characterized in that the base plate (2) is provided with an insertion part (4), into which one end of the bar-like body (3) can be inserted.

8. Exercise device (1) according to one of the preceding claims, characterized in that the displaceable part (8) can be fixed at various heights in the longitudinal direction of the bar-like body (3).

9. Exercise device according to one of claims 4-8, characterized in that the base plate comprises at least one handle (15).

Fig 1